



WARNER WEEKLY

News & Information at Your Fingertips

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Thur. June 10, 2010



Soldiers conduct airdrop, slingload training



By Spc. Kevin Alex,
16th Sustainment Brigade Public Affairs

Sling load teams from the 391st Combat Sustainment Support Battalion and the 18th Combat Sustainment Support Battalion conducted an airdrop and sling load exercise at Bunker Drop Zone in Grafenwoehr on May 27.

The airdrop and sling load exercise were the first the 16th Sustainment Brigade has executed since it stood up three years ago.

Chief Warrant Officer 2 Ismael Ramos, the 16th Sust. Bde. senior airdrop systems technician, organized and coordinated the exercise with the Air Force and sling load teams from the 391st CSSB and the 18th CSSB.

The purpose of the exercise was to establish and incorporate the ability to deliver and receive supplies from the air in remote locations, Ramos said. The ability to drop in and take out supplies from the air allows the Army to reduce its footprint on the ground and reduces the risks of traveling by convoy.

Sling load teams from the 18th Combat Sustainment Support Battalion and the 391st Combat Sustainment Support Battalion hook up loads for simulated pick up by helicopters after the supplies were air dropped from an Air Force cargo plane at Bunker Drop Zone in Grafenwoehr on May 27.

Spc. Kevin Alex

(LOAD continued on page 12)

Network support center recognized for service to Warner Barracks' units

By Douglas DeMaio, USAG Bamberg Public Affairs

Four 69th Signal Battalion civilian employees were recognized by U.S. Army Garrison Bamberg Commander Lt. Col. Gary A. Rosenberg at Building 7089 on Tuesday for their years of service to the Army.

Voice Over Internet Protocol Manager Edgardo Roldan, Information Assurance Manager Bryan Rhodes, Network Manager Adam McBride and Chief Operations Center Bamberg J.C. Perez were presented with the Achievement Medal for Civilian Service for their support to the Warner Barracks community.

Perez said his team is proud to serve and support the "elite soldiers and civilians in this community."

The OC Bamberg supports the Bamberg military community, tenants units and facilities by facilitating Defense Switched Network telephone service, troubleshooting government-owned workstations, distributing anti-virus updates, changing passwords and configuring hardware.

The center assists with the Local Area Network, approves Information Management Requisition Requests and assists Information Management Officers in determining their information technology requirements.



Douglas DeMaio

U.S. Army Garrison Bamberg Commander Lt. Col. Gary A. Rosenberg presents Edgardo Roldan, 69th Signal Brigade, Network Enterprise Center Bamberg, with the Achievement Medal for Civilian Service at Building 7089 on June 8.

There will be a field day at Bamberg Elementary School on June 11.



By Tim Hipps
U.S. Coast Guard Ensign Ryan Hixson wins his third consecutive Military Long Drive Championship with a 335-yard drive on his final shot Oct. 28, 2009, at Mesquite, Nev. Bamberg's Staff Sgt. Bryan King has competed against Hixson in the finals the past three years.

Tee time nears for Military Long Drive Championship preliminaries

*By Tim Hipps,
 Family and Morale, Welfare and Recreation Public Affairs*

ALEXANDRIA, Va. – It's time for military golf's big hitters to head to the driving range and prepare for local qualifiers in the 2010 Military Long Drive Championship presented by 7UP.

Long-driving ability with a touch of accuracy will be tested on or near 21 military installations during first-round competitions that will begin July 15 and run through Aug. 22.

The Army Family and Morale, Welfare and Recreation-backed competition is open to active-duty U.S. military and family members 18 and older, including National Guard, Reserve and retirees from all services.

Following a second round of competitions, nine regional winners will advance to Mesquite, Nev., to challenge three-time Military Long Drive champion Ensign Ryan Hixson of the U.S. Coast Guard.

Hixson has won all three editions of the Military Long Drive Championship with blasts of 343, 389 and 367 yards in the final rounds.

The finals of the Military Long Drive Championship will be held Nov. 3 on the same grid as the 2010 RE/MAX World Long Drive Championship powered by Dick's Sporting Goods – in a desert oasis resort town where the best in the business of tape-measure tee shots congregate annually to crown their champions.

The Military Long Drive champ will earn \$10,000 and an exemption into the 2011 RE/MAX World Long Drive Championship, which will result in another all-expenses-paid trip to Mesquite.

First-round competitions will be hosted by Aberdeen Proving Ground, Md.; Fort Lee and Fort Belvoir, Va.; Schofield Barracks, Hawaii; Fort Benning, Ga; Fort Bragg, N.C.; Fort Campbell, Ky.; Fort Jackson, S.C.; Fort Carson, Colo.; Fort Leonard Wood, Mo.; Fort Lewis, Wash.; Forts Bliss and Hood in Texas; Fort Huachuca, Ariz.; Fort Sill, Okla.; Naval Air Station North Island, Calif.; Nellis Air Force Base, Nev.; Camp Zama, Japan; Wiesbaden, Germany; Yongsan, Korea; and a location to be determined in Iraq. Competitors are welcome to travel to several qualifiers.

The full schedule of dates and times will be available soon at www.ArmyMWRGolf.com.



Lt. Col. Gary A. Rosenberg

*U.S. Army Garrison
 Bamberg, Commander*

*USAG Bamberg, Public Affairs Officer
 Renate Bohlen*

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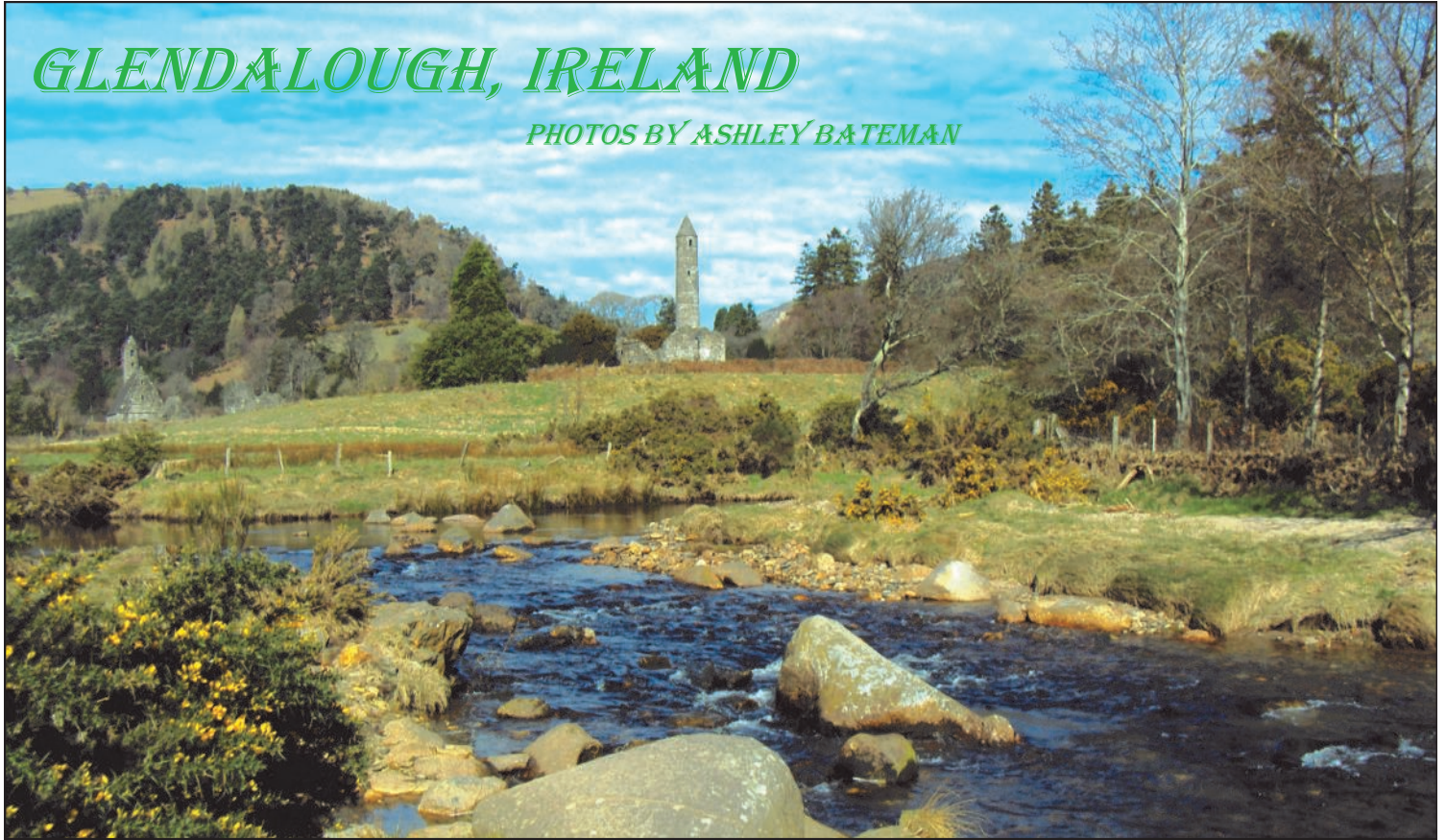
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GLENDALOUGH, IRELAND

PHOTOS BY ASHLEY BATEMAN



Americans in Bamberg discover 'valley of the two lakes'

By Ashley Bateman, USAG Bamberg Public Affairs

Considered the Garden of Ireland by many Irish, Wicklow County is home to some of the premiere natural sights of the country, including mountains, hills, valleys, rivers and lakes. One of the county's oases is the town of Glendalough, which in Gaelic means "valley of the two lakes."

With its lakes nestled in a secluded valley, reflecting cascading streams and deep green fauna climbing the hills on either side, walkers, hikers and pilgrims journey from all over the world to experience the meditative quiet and natural beauty of this idyllic nature reserve and the surrounding town. Natural beauty is not the only draw for tourists though, as the site has historical and religious significance as well.

The valley for which Glendalough is named is home to the ancient site of St. Kevin's Monastery. Historians believe that as a young man in the sixth century, Kevin left the Dublin monastery he inhabited for the solitude of the surrounding countryside. The monk took up residence in a stone beehive hut overlooking one of the two lakes in the Glendalough valley and lived a hermetic life there for some time. Kevin's reputation as a holy man preceded him to Glendalough. Eventually, his followers convinced him to leave his solitary life and found a religious community in the valley below his hut. St. Kevin's Monastery, as the site it is now known, became a bustling religious school attended by scholars from all over Europe. Admission is free and a visitor's center near the entrance allows guests to become oriented with the area.

Several members of U.S. Army Garrison Bamberg's Catholic community embarked on a four-day retreat to Glendalough this spring under the guidance of Chaplain (Capt.) Stephen McDermott, a priest at the Bamberg Community Chapel. Group members were lodged in the Hermitage Centre cottages and the Pinewood Lodge Bed and Breakfast just across the road.

One of the group members, Ann Ragucci, was very taken with the area and overall experience afforded by the people and natural beauty of Glendalough. Since moving to Bamberg in March 2007, Ragucci has traveled to Italy, Greece, Croatia and all over Germany. A mother of three, she said she attended the retreat to get away from the busyness and stresses of life for a brief time.

"I would say the solitude that I expected to find was a main reason I went," Ragucci said. "I knew there was a hermitage, which is one of the reasons I went. I knew it would be very quiet and reclusive. A lot of the (local) attitudes were very inviting."

The Hermitage Centre, less than two miles from the valley, has been frequented by a variety of guests since its inception as a millennium project in Ireland 10 years ago. Sister Geraldine Collins of the Sisters of Mercy order is the current director of the center.

Collins has lived at the site for the past two years, maintaining a welcoming place for those traveling to one of Ireland's top pilgrimage sites. Her background in human communication, psychotherapy and spirituality has allowed her to act as guide to those with spiritual, meditative and historical interests.

"We see ourselves mainly as holding a space of quiet and stillness for so many who are tired and worn out from the stresses of life," Collins said. "We offer a listening presence if this is requested... People come to the Hermitage Centre for many different reasons. Some come just to relax, rest and enjoy the beauty of nature. We welcome people who are 'searching' in some way, no matter how diverse their religion or culture. While we are Roman Catholic sisters, we offer a space to all who need a place such as ours. We try to distinguish our service from tourism, as ours has a spiritual dimension. We often find that people who come to take 'time out' discover that in the quiet and stillness some part of their story or life's journey surfaces. The beauty of Glendalough itself can be therapeutic and healing."

([TRAVEL](#) continued on page 11)

Improper car seat installation is far too common

By Lt. Col. Gwendolyn Davis & Maj. Rena Trumbull, Bavaria MEDDAC

VILSECK, Germany – Warning! Are you putting your friends and family at risk?

Did you know the most dangerous thing we do each day is get in our car and drive? It is such a routine and automatic activity of our lives that most of us just go through the motions.

According to the Centers for Disease Control and Prevention, motor vehicle injuries are the leading cause of death among children in the United States.

In 2005, more than 1,400 child occupants died in motor vehicle crashes and nearly half were unrestrained.

It is very disappointing to read about such statistics since many of these fatalities are preventable. Taking the extra 60 seconds to ensure you and your passengers are properly restrained is all it takes.

Unfortunately, many do not do this. Maybe you're simply driving two blocks to the commissary or returning a book to the library. You're only going down the road a bit. You're not even leaving the post. If this is how you rationalize not buckling up, then think again. Twenty-five percent of all

crashes occur less than five minutes from the home.

On May 8, a community car seat safety event was conducted at the Heidelberg Commissary. Of the 27 seats inspected, only three passed. This means that 89 percent failed. These weren't bad parents intentionally seeking to harm their children; they just didn't have all of the education and latest information for proper use of car restraints.

One of the car seats inspected had just been purchased at a local Post Exchange and was found to be on the recall list. Fortunately, the parents that participated in the event were not taking safety for granted and were willing to take the time to ensure their children and passengers were as safe as possible.

All 50 states have child restraint laws and most European countries have similar laws. Most require the use of age- and size-appropriate restraints. For example, children ages 12 and under should be properly restrained in the back seat.

What many people may not know is that 38 states and the District of Columbia upgraded their child restraint laws to require the use of booster seats or other appropriate child restraint devices for children up to nine years old. Unfortunately, many parents

are not complying with this new law.

The good news is that the number of motor vehicle injuries and fatalities are going down thanks to laws and education. The Bavaria Medical Department Activity recognizes the importance of education and has certified Child Passenger Safety technicians available through the Army public and community health nurses at various BMEDDAC clinics. The Hohenfels, Illesheim, Katterbach, Vilseck and Grafenwoehr clinics have CPS technicians available free of charge.

BMEDDAC will also provide car seat safety events this summer. There will be a car seat safety check on Wed from 1 – 4 p.m. in Vilseck and on June 23 from 1 – 4 p.m. in Grafenwoehr. For more information and to schedule an appointment, please contact the Vilseck Health Clinic at 0966-283-2165 or Grafenwoehr Health Clinic at 0964-183-7418.

If you would like more specific information on car seat safety and laws governing it, visit the Safe Kids website at www.safekids.org. This worldwide organization is devoted to preventing accidental injuries and offers a variety of information on safety.

Davis and Trumbull are Army public health nurses for the BMEDDAC.

Grafenwoehr to host Army Europe 10-Miler qualification race

By Installation Management Command - Europe

HEIDELBERG, Germany - The qualification race for Soldiers wanting to compete on the U.S. Army Europe 10-Miler team is set for July 10 at U.S. Army Garrison Grafenwoehr.

The top 12 active-duty Soldiers (six each in the men's and women's divisions) will be nominated to represent U.S. Army Europe during the Oct. 24 Army 10-Miler in Washington.

To be considered, male competitors must finish under 68 minutes, while female runners must finish at 86 minutes or better.

Additionally, each will need commander's approval to be placed on orders, said Jim Mattingly, Installation Management Command-Europe sports and fitness director.

The men's team that represented Europe last year placed second, with the women's squad placing seventh in their division.

While only Soldiers can compete for the U.S. Army Europe team, everyone holding a U.S. Department of Defense identification card, and are at least 18, may participate in the Europe 10-Miler, which attracted 214 participants last year.

"Registration packets and last minute sign-up will be the fitness center at USAG Grafenwoehr," said Mattingly.

"The final stretch will be a one-mile lap near the fitness center, where spectators and fans will be able to cheer the runners on to the finish line," he said.



U.S. Army photo

Runners take part in the 2009 Army Europe 10-Miles at Grafenwoehr

Free troop billets are available on a first-come, first-served basis.

For more information, contact the USAG Grafenwoehr Recreation Division at 0964-183-9024.

If you prefer to reserve lodging at Grafenwoehrs Tower Inn, call 09641-83-1700.

Camping at Outdoor Recreation Vilseck is available by calling 0966-283-2866.

Participants can register online through the USAG Grafenwoehrs Website, www.grafenwoehr.army.mil, or by calling DSN 475-9024 or civilian 09641-83-9024.

Community Announcements

Please send all announcements to Bamberg Public Affairs via the following website:
<http://www.bamberg.army.mil/mobi/form.asp>.

Lunch Time Money Track

Army Community Services Financial Readiness Program is sponsoring a lunch time sessions of Money Track. Money Track is designed to empower people of all income levels to become financially successful. A presentation, which is offered June 16, will run from 11:45 a.m. - 12:15 p.m. There will be a question and answer time from 12:15 - 12:45 p.m. Light refreshments will be served. Feel free to bring your own lunch. For more information, call 0951-300-9193.

Strong Beginnings

The Bamberg Child Development Center will have a Strong Beginnings Graduation Ceremony at 9 a.m. June 17 at the Stable Theater.

Summer Camp

Bamberg Army Community Service will have its first Exceptional Family Member Program Summer Camp from July 12 - 16, 9 a.m.-12:30 p.m. at JFK Teen Center. The camp is open to EFMP registered children ages 5-11. Sign up no later than June 30 at ACS. A Parent meeting will be held July 7 at 10 a.m. at the ACS classroom. For more information, call Bonnie Kellm at 0951-300 7777.

Overseas Voters

Submit your Ballot Request for the June, July and August State Primaries. The following States will hold Primary Elections during the months of June, July and August on the dates indicated. June 22: Utah; July 20: Georgia; July 27: Oklahoma; Aug. 3: Kansas, Michigan, Missouri Aug. 5: Tennessee; Aug. 10: Colorado, Connecticut, Minnesota; Aug. 17: Washington, Wyoming; Aug. 24: Alaska, Arizona, Florida, Vermont; Aug. 28: Louisiana. All members of the U.S. military, their family members and citizens residing outside the U.S. who are residents from these States and have not yet submitted a registration and ballot request (FPCA) for the 2010 calendar year, should do so as soon as possible. The FPCA

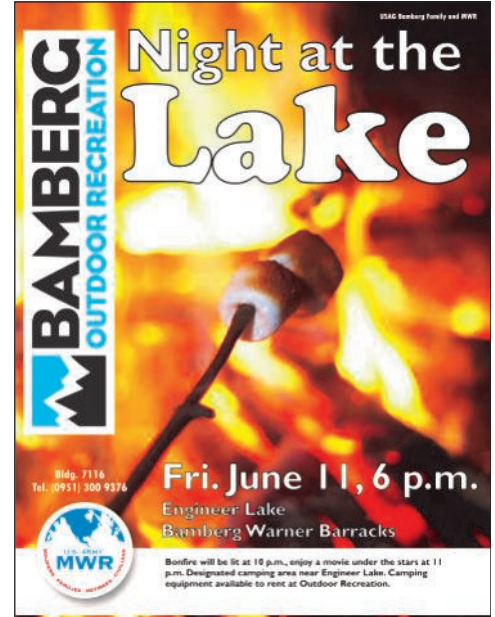
ballot application and instructions for the above States are available at www.fvap.gov/FPCA. Click on your State on the map and follow the instructions to register and request an absentee ballot. Some States allow submitting the FPCA by fax or email in addition to regular mail. Send your FPCA now to your election office to ensure you have enough time to receive, vote, and return the ballot. For more information, visit FVAP at: www.fvap.gov.

Army Birthday/Retiree Appreciation Celebration

U.S. Army Garrison Bamberg will celebrate the Army's 235th birthday in conjunction with Retiree Appreciation Day at the Freedom Fitness Facility on June 11. A variety of activities will be going on throughout the day including a Retiree Appreciation Ceremony, Community Health Fair, chili cook-off and cake-cutting ceremony. The event begins at 10 a.m. There will also be historical bus tours of post at 10:30 a.m. and 11:30 a.m. The daytime program will conclude with a 4-person team sand volleyball tournament at 5 p.m. and activities including the option of camping out will begin at Engineer Lake at 6 p.m. For more information or to sign your organization up to provide information, e-mail duane.kozel@eur.army.mil.

Elementary School Field Day

There will be a field day at Bamberg Elementary School on June 11. In case of severe weather, the field day will be postponed until June 14. Parents and community members are encouraged to attend the event or have lunch with their child. Second and 3rd graders will be out on the lawn from 8:15 - 9:45 a.m. followed by kindergarten and 1st graders from 10:15 -11:30 a.m. Fourth and 5th graders will have lunch first and then be out on the lawn from 12:45 - 2:15 p.m. Sixth graders are helping to facilitate the events. The following activities are planned:
Three-legged races
100-yard dash
50-yard dash
Bat spin
Sponge relay
Obstacle course
Water-bottle battle
Tug of war



BAMBERG OUTDOOR RECREATION

Night at the Lake

Big. 7114
Tel. 0951.300.9376

Fri. June 11, 6 p.m.
Engineer Lake
Bamberg Warner Barracks

Bonfire will be lit at 10 p.m., enjoy a movie under the stars at 11 p.m. Designated camping area near Engineer Lake. Camping equipment available to rent at Outdoor Recreation.

Egg on a spoon

Army Birthday Celebration

U.S. Army Europe will host the U.S. Army's 235th Birthday Celebration June 12 at 6 p.m. at Patrick Henry Village, Heidelberg. Ticket prices are \$19 for E1-E7 and GS-7 (equivalent) and \$32 for E8-O6 and GS-9 (equivalent). Tickets for general officers and senior executive service civilians cost \$40. For more information, call 06221-394507 or 06221-394521.

Anglo-German Club Events

The Anglo-German Club Bamberg is hosting several events this summer. If you'd like to practice your English or want to meet other English speakers, join the club for a night of conversation July 14 at Greifenkalu Brewery at 7 p.m. For more information or if the weather seems poor, call Jane at 0951-133-7151. To get more information on the programs, e-mail DECB@gmx.de.

Paris Trip

Travel to Paris with U.S. Army Bamberg's Better Opportunities for Single Soldiers. The trip includes transportation on a German motor coach, a three-hour guided city tour of Paris, and two overnights in four-star hotel in Paris with breakfast. The trip starts June 18 and costs \$229. The bus will return June 20 at 6 p.m. Sign up at the Freedom Fitness Facility. For more information, call 0951-300-9086.


Volunteers needed at the chapel

U.S. Army Garrison Bamberg Community Chapel is looking for volunteers to fill the following volunteer positions: musician for the Protestant service, musician for the Catholic service, Catholic religious education coordinator, Protestant religious education coordinator and Catholic clergy. If interested in volunteering at the chapel, call 0951-300-8879.

Weekly Reminders

Food Handlers Class

There will be a food handlers class June 17 at the Ledward Barracks Yellow Ribbon Room, Building 230, in Schweinfurt from 1:30 - 2:30 p.m. A food handlers certification is a requirement if you are serving any prepared foods to the public. Space is limited to 30 people. Reserve your spot by providing your name and location to Preventive Medicine at 09662-83-2041/2138.

CIRCUIT PT

TUESDAYS & THURSDAYS

12 - 12:45 P.M.

FREEDOM FITNESS FACILITY

THIS IS A FREE CLASS!

OPEN TO ALL US ID CARD HOLDERS

LOOKING FOR AN ALTERNATIVE TO THE OLD SCHOOL PUSHUPS, SIT-UPS & RUN? Revamp your fitness routine with this lunchtime workout geared toward getting your heart pumping as well as target major muscle groups.

Get a more time efficient workout and burn 1/3 more calories by doing strength and cardio in one shot. Cardio blasts calories immediately, while strength-training increases metabolism over time, so combining the two gives you the ultimate bang for your buck! OH! Did we mention the class was free?!



Have Your own Garden Plot on Warner Barracks

The Community Activity Center has garden plots to rent. The cost is \$25 per season for a 200 square-foot plot. For more information or to request a plot, e-mail Bradley.cline@us.army.mil or call 0951-300-8659.

NAF 101

Bamberg Nonappropriated Funds Civilian Personnel Advisory Center will be conducting employment workshops for all eligible individuals interested in learning how to apply and write a resume for a NAF position. This is not a general class on how to write a resume. It is specifically tailored for NAF vacancy announcement applicants. The workshop will be in the Bamberg CPAC Conference Room in Building 7486. All workshops are on Fridays from 10 - 11:30 a.m. Dates are June 18, Aug. 27 and Oct. 22. Sign up the Tuesday prior to each scheduled workshop as there is a maximum of eight slots available. For more information regarding training or eligibility, call 0951-300-8027.

DES/Vehicle Registration Office

Bamberg license plates are available for motorcycles and trailers. Everyone that is due for renewal and still has the old U.S. Army Europe plates has to change to the new Bamberg plates. To renew plates, customers must bring a new insurance card (not older than 120 days). For more information, call 0951-300-7580.

New Tax Relief Services

The Family and Morale Welfare and Recreation Tax Relief Office now offers a new service for U.S. Army Garrison Bamberg customers. With the implementation of the Utility Avoidance Program customers can sign up locally and save 19 percent tax on their electricity, gas and water bills if these utilities are provided by Bamberg Stadtwerke. Other energy and utility providers can also be used, but customers will have to register through the USAG Schweinfurt UTAP. For more information, call the Bamberg tax relief office at 0951-300-1780 or the Schweinfurt tax relief office at 09721-96-1780.

Lutheran Worship Services

The U.S. Army Garrison Bamberg Community Chapel now sponsors a Liturgical church service every first and third Sunday at 9 a.m. in the Bamberg Chapel Family Life Center. All Lutherans or other liturgically-minded people are welcome to attend. For more information, call 0951-300-8141 or e-mail david.jacob@eur.army.mil.

Passport and Immigration Fees

The U.S. Department of State is considering increasing the fees associated with passports and Immigration Services. Customers are highly encouraged to submit applications prior to the Department of State's decision, which will occur at an unknown time in the future.

Passport Office

The Bamberg Passport Office has recently upgraded its website. You can now access all the informational handouts from the convenience of your home or office. Go to <http://www.bamberg.army.mil/directorates/dhr/passport.asp> and select the appropriate link. For assistance in filling out the Passport Application, download the Application Wizards User's guide.

Puerto Rican Birth Certificates

In December 2009, the government of Puerto Rico, in collaboration with the U.S. Department of State and the U.S. Department of Homeland Security, enacted a new law aimed at strengthen-

ing the issuance and usage of birth certificates to combat fraud and protect the identity of all people born in Puerto Rico. On July 1, this law will invalidate all birth certificates issued before July 1, 2010 by the Puerto Rico Health Department, through its Vital Statistics Record Office. Affected Soldiers, civilian employees and family members will need to request issuance of a new birth certificate. It is recommended that all citizens born in Puerto Rico but residing overseas obtain a copy of the new birth certificate by filling out a Birth Certificate Application form from the Puerto Rico Vital Statistics Record office on or after July 1. Application forms can be obtained at <http://www.salud.gov.pr/Programas/registroDemografico/Pages/RequisitosparasolicituddeNacimiento.aspx> or <http://www.bamberg.army.mil/directorates/dhr/passports.asp>.

Calling All Eagle Scouts

The Transatlantic Council is conducting a round-up of all Eagle Scouts residing in Europe to help celebrate the 100th Anniversary of the Boy Scouts of America. The goal is to communicate to all Eagle Scouts the opportunities available for service, support and programs throughout Europe. The Transatlantic Council will also be holding a reception for all Eagle Scouts, their parents and spouses during this 100th Anniversary year. To receive information about the Transatlantic Council and opportunities for youth and adult Eagle Scouts contact the headquarters at Camp Darby at advancement@tac-bsa.org. To discover more about the programs of the Boy Scouts of America in Europe, visit the website at www.tac-bsa.org/Home.html or call the Camp Darby staff at 633-7760.

mTBI Clinic Requests Artwork

In support of the valuable role that art can play in enhancing the healing process, the mTBI clinic staff would like to invite community members to donate original drawings, paintings or framed photographs for display in the hallways of Bamberg's new mTBI facility. These donated pieces can be on stretched canvas for easy hanging or on flat canvas. Size preferred for framework is 8x10. Sindy McCord, occupational therapist, is an advocate and supporter for integrating art into health care environments and will be the main point of contact for the project. For more informa-

tion, call 0951-300-8969 or the mTBI front office at 0951-300-7984.

Clinic Hours

The Bamberg Health Clinic hours of operation are as follows: Monday through Thursday sick call is from 7 - 8 a.m.; full service is available from 7:30 a.m. - 4:30 p.m. On Fridays, sick call is from 7 - 8 a.m. and full service from 7:30 a.m. - noon. We are closed on Friday afternoons for mandatory training. The Health Clinic is also closed on federal holidays and weekends. For more information or if you need to make an appointment, call 0951-300-1750. If you have a medical emergency, call the Bamberg Military Police at 0951-300-114. You may also call the TRICARE Nurse Advice Line at toll-free number 00800-4759-2330, 24 hours a day, seven days a week to talk to a nurse about your health care concerns, get self-care advice to help you feel better now, schedule appointments with your military provider and arrange a phone call with your provider.

ACS Hours of Operation

Army Community Service is open Monday through Friday from 7:30 a.m. - 4:30 p.m. The office is closed on federal holidays but open on training holidays. For more information, call 0951-300-7777.

Community Activity Center Hours

Bamberg's Community Activity Center operational hours are:

- Monday - Thursday: 8 a.m. - 8 p.m.
- Friday: 8 a.m. - 6 p.m.
- Saturdays: 11 a.m. - 6 p.m.
- Sundays: 11 a.m. - 6 p.m.
- Free Wi-Fi is available around the CAC (Building 7047).

Customs Office

The Bamberg Customs Office is located in Rooms 124 and 125 in Building 7011 across the street from the movie theater. Customer service hours are from 8 a.m. to noon and 12:30 - 3:30 p.m. Monday through Friday, and closed on German and American holidays. For more information, call 0951-300-7460 or 0951-300-9312. The fax number is 0951-300-8665. Office personnel can assist with importing items, selling items to non-ID card holders, help visiting family members get permission to drive USAREUR-plated car or get permission to have an ESSO card for rental vehicles by filling out a 175L form. Personnel can also help retirees and widows get permission to go shopping on post if they visit for more than 30 days or live in Germany.

Security Awareness Alert

The Department of State urges U.S. citizens to maintain good security practices at all times and to maintain a heightened situational awareness and a low profile. Americans are advised to monitor news reports and consider the level of security present when visiting public places or choosing hotels, restaurants and entertainment and recreation venues.

Pre-Separation Briefing

Planning to move from Soldier to civilian? Take advantage of the transition services offered by the Army Career and Alumni Program, such as a Department of Labor two-and-a-half day job assistance workshop, resume preparation assistance and information about veterans' benefits. Make an appointment to attend the mandatory ACAP Pre-Separation Briefing; held weekly and about an hour long. Separating Soldiers can start the ACAP process one year before separating. Soldiers who will be retiring can start two years

out from their projected retirement date. For more information, call 0951-300-8925.

Chapel Meeting

The Bamberg Protestant Women of the Chapel has weekly meetings on Wednesdays from 9-11:30 a.m. at the Bamberg Chapel. Free child-care is provided. For more information, call 0951-300-1570.

Family Readiness

Classes for Family Readiness Group volunteer positions are every first and third Tuesday of the month from 10:30 - 11:30 a.m. in Building 7354. Learn the duties of an FRG. For more information, call 0951-300-7777.

Veterinary Facility

Veterinary Office hours are Monday through Wednesday from 8 a.m.-4 p.m., closed Thursday and open Friday 8 a.m.-noon. No walk-in appointments are available. The clinic is closed on the last weekday of each month for inventory and on all American and training holidays. Over-the-counter products and prescriptions may be purchased during regular business hours. For more information about the clinic or to schedule an appointment, call 0951-300-7972.

25 Year Reunion

Members of D Company have been planning a reunion for all the veterans of 1st Battalion (Mechanized), 52nd Infantry, who served from about 1980 until it became part of the 6th Infantry. There will be a reunion June 16-20 at the Tuscany Suites and Casino in Las Vegas. For more information, e-mail Bill Burt at LMJWRB@msn.com or visit <http://deltacompany-52nd-inf.ning.com> or <http://www.facebook.com/home.php?ref=home#/group.php?gid=160711462863>.

Sexual Assault

Your Sexual Assault Response Coordinator is available 24 hours a day. Call 0951-300-8397 for your local office or 0162-510-2917 for the 24-hour hotline.

Family Strengths and Stresses

Army Community Service, Family Advocacy Program is here to provide help and support by offering a New Parent Support Program, Newborn Network, Play Group, Parenting Classes, Communication Classes, Victim Advocacy and Stress and Anger Management Classes. For information, call 0951-300-7777.



MOUNTAIN BIKE SERIES

APR 17-18 - Aviano AB, Italy
(mountain bike race on 17th and road race on 18th)

MAY 15 - USAG Grafenwoehr, Germany

JUN 5 - USAG Stuttgart, Germany

JUN 12-13 - USAG Kaiserslautern, Germany
(mountain bike race on 12th and road race on 13th)

JUN 19 - USAG Hohenfels, Germany

JUL 17 - USAG Ansbach, Germany

AUG 7 - USAG Bamberg, Germany

AUG 14-15 - Spangdahlem AB, Germany
(road race on 14th and mountain bike race on 15th)

SEP 4 - USAG Garmisch, Germany

SEP 19 - USAG Wiesbaden, Germany

OCT 2 - USAG Hohenfels, Germany
US Forces Championship

OCT 10* - NATO School, Oberammergau, Germany
*Not part of championship series - extra event
Race date 10/10/10, start time 10:10

For more information please contact your local Outdoor Recreation Facility



Art Exhibit Opening

Come meet Craig Layman
at the
"Players and More" art exhibit
at the Community Activity Center
on June 18 at 4 p.m.

Also, watch the U.S. play Slovenia
in the World Cup.

- **Family Advocacy** - Need assistance in learning how to manage a life full of stress or ambivalence? Come every Thursday to Building 7487 from 1:30 - 3 p.m. for Anger/Stress Management Class.
- **New Parent** - Being a new parent can be a challenge. Join the New Parent Support Group every Friday from 10-11:30 a.m. in Building 7487.

Airport Shuttle

The Frankfurt Shuttle Bus departs from the Bamberg Army Community Service building Monday-Friday at 6:35 a.m. and arrives at the airport at 9:45 a.m. The first return shuttle departs from the airport at 11 a.m. and arrives in Bamberg at 3:15 p.m. The second shuttle departs from the airport at 2:50 p.m. and arrives in Bamberg at 6:30 p.m. The drop-off point is the Bamberg Service Credit Union. The shuttle is not available on American and training holidays.

Continuing Education

Learning Lessons

Join the University of Phoenix June 25 from 11:30 a.m. - 12:30 p.m., at the Bamberg Education Center, for a quick learning session on American Psychological Association style, or APA. The session is intended to improve writing skills by tackling the six most common APA errors and the four most common writing errors made by college students. This event is open to the community at no cost. For more information, call Leah Gransbery at 0951-208-5350 or e-mail Leah.Gransbery@phoenix.edu

UMUC Summer

The University of Maryland University College Europe announces registration for the summer session. Registration for Europe online (distance education) courses continue through June 13. Online classes start June 14. This summer, in celebration of the university's 60th anniversary, UMUC Europe is offering the \$500 Military Spouse Appreciation Scholarship. Created exclusively to help military spouses of all active-duty service members obtain a quality education, the scholarship may be used toward UMUC tuition, fees and textbooks. Both new and current students are eligible to apply. For more information on registration or scholarships, visit www.ed.umuc.edu or call 06221-3780. UMUC Europe is also on Twitter at www.twitter.com/UMUCEurope.

Praxis Exam

The Praxis exam for teacher's licensure and certification is being offered at the Education Center July 26-28. Deadline to register is June 9. For more information about the test, e-mail Michael.lapp2@us.army.mil or call 0951-300-7382.

University of Phoenix

The University of Phoenix is open Monday through Thursday from 7:30 a.m. - noon. UOP is located at the Warner Barracks Army Education Center, Building 7047, Room 309. Leah Gransbery, University of Phoenix field representative, can help you start your master's program. Online and on-site courses are available and degrees can be achieved in 15 - 24 months. For more information, call 0951-208-5350.

German 101

Free Introduction to German is every Monday at noon at the community library. Participants will learn some German words and phrases. For more information, call 0951-300-1740.

Federal Aid

Students are encouraged to explore the many financial aid opportunities available while enrolled in UMUC Europe, including grants, low-interest loans and monthly payment plans. The 2010-2011 Free Application for Federal Student Aid application is now available for students to begin applying for 2010-2011 federal financial aid. Grants may be used along with Veterans Affairs benefits, scholarships, military Tuition Assistance and military spouse tuition assistance. For more information on registration, financial aid and services, contact a local UMUC Europe field representative, call 314-370-6762 or 06221-3780, or visit www.ed.umuc.edu.

Enroll in June and Save

University of Phoenix will waive the application fee and resource fees associated with your first graduate class when you enroll during the month of June, a savings of up to \$150. For more information, call 0951-208-535 or e-mail Leah.Gransbery@phoenix.edu.



54th Engineer Battalion

Organization Day 2010

Esprit de Corps

Softball fields near the
Freedom Fitness Facility
July 2
8 a.m. - 4 p.m.

Food and children activities

Graduate Classes at UOP

University of Phoenix will be hosting an information session about their graduate programs Thursday, June 24 from 11:30 a.m. - 12:30 p.m. The session will be held in room 308 of the Education Center. Come learn about our Master of Business Administration and Master of Arts in Education programs while enjoying a light lunch. RSVP is required. All attendees will receive an application fee waiver, a savings of \$45. For more information, call 0951-208-5350.

Sports, Health and Fitness**MWR Triathlon**

The Triathlon on June 12 at 9 a.m. has been cancelled. For more information or to sign up for the triathlon, call 0951-300-9376 or e-mail brandi.crist@us.army.mil.

Mountain Bike Series

Bamberg will host the Installation Management Command Europe mountain bike series Aug. 7. For more information call Outdoor Recreation at 0951-300-9376.

Personal Trainer Available

Want to get in shape with one-on-one personal service? The Freedom Fitness Facility is offering personal training with a certified instructor to get you in shape like you always wanted. Fees are \$35 per session or save \$35 by taking five sessions for only \$150.

Physical Shape

There is a Spinning and Abs class Tuesdays between 8:30 - 9:30 a.m. and a Spinning class on Wednesday mornings from 5:30 - 6:30 a.m. For the Wednesday class, units can reserve up to 24 bikes for physical training. There is a cardio-weights class on Thursdays from 8:30 - 9:30 a.m. The cost is \$4 per class. Instructors will lead you through the workout of your life. Sign up at the Freedom Fitness Facility.

Bowling Lanes

The Birchview Lanes Bowling Center is located in Building 7690. For more information, visit the FMWR website <http://www.bamberg.army.mil/directorates/dmwr/bc.asp> for latest updates and upcoming FMWR events or call 0951-300-7722.

- **Taco Pizza Special** - Every Wednesday in May. Receive \$1 off any Taco Pizza you order. Call-ins and take-out are available.
- **Family Day** - Every Sunday in May at 10:30 a.m. Bring the Family out to the bowling center for some fun. All kids bowl for \$1 per game and \$1 for shoe rental.
- **Kids Showcase** - Free bowling Sunday, May 30 from 11 a.m. - 3 p.m. All kids 16 and under receive the first two games free. Shoe rental is \$1. Free hot dog and chips.
- **Lunch Special** - Daily in May from 11 a.m. - 1 p.m. Purchase one of our daily combo meals during lunch and receive a reduced rate on bowling fees.
- **Taco Alley** - Bamberg's Tex-Mex kitchen is now open: Monday, Wednesday and Thursday 11 a.m. - 9 p.m.; Tuesday from 11 a.m. - 2 p.m.; Friday and Saturday 11 a.m. - 11 p.m. and Sunday from 11 a.m. - 8 p.m.

Youth and Teens**Aqua Barons**

Meet new people and become a part of the Aqua Barons team. Get into shape and stay in shape by swimming. Earn awesome rewards like trophies, medals, ribbons and even a varsity letter. Travel around Europe for swim meets in places like Italy, Spain, Belgium, England and many more places. For more information about the Aqua Barons, e-mail bambergaquabarons@yahoo.com.

Youth Adventures

Child Youth and School Services invite children ages 13 and up to Over the EDGE Adventures. Activities include mountain biking, indoor and outdoor rock climbing, hiking, GPS orienteering, land navigation and kayaking. The program will run every Tuesday and Thursday, 3:30-5:30 p.m. through June 10. The program is free for all CYSS-registered children. For more information call CYSS Parent Central Services, Building 7340, at 0951-300-8660 or The EDGE director at 0951-300-7716 or 0951-300-7405 or e-mail tony.puskorius@eur.army.mil.

Bible Club

Register your child today for the weekly Bible Club. The club meets Sundays from 4 - 5:30 p.m. and is open to elementary-aged children. For more information, call 0951-300-1570.

Volunteers Needed

The Bamberg Middle High School is seeking volunteers for tutoring students in any subject at the middle and/or high school level. If you would like to



Thurs.	June 10	Diary of a Wimpy Kid (PG)	7 p.m.
Fri.	June 11	Sex and the City 2 (R) (1st run)	7 p.m.
Sat.	June 12	Sex and the City 2 (R) (1st run)	3 p.m.
		Why Did I Get Married Too? (PG-13)	7 p.m.
Sun.	June 13	Why Did I Get Married Too? (PG-13)	3 p.m.
		The Ghost Writer (R)	7 p.m.
Mon.	June 14	Sex and the City 2 (R) (1st run)	7 p.m.
Thurs.	June 17	Why Did I Get Married Too? (PG-13)	7 p.m.
Fri.	June 18	Marmaduke (PG) (1st run)	7 p.m.
Sat.	June 19	Marmaduke (PG) (1st run)	3 p.m.
		The Last Song (PG)	7 p.m.
Sun.	June 20	The Last Song (PG)	3 p.m.
		Marmaduke (PG) (1st run)	7 p.m.
Mon.	June 21	Date Night (PG)	7 p.m.
Thurs.	June 24	Date Night (PG)	7 p.m.
Fri.	June 25	The Karate Kid (PG) (1st run)	7 p.m.
Sat.	June 26	Oceans (G)	3 p.m.
		Kick Ass (R)	7 p.m.
Sun.	June 27	Oceans (G)	3 p.m.
		Karate Kid (PG) (1st run)	7 p.m.

help out, call Celeste Rush 0951-300-8874 or e-mail celeste.rush@eu.dodea.edu.

Volleyball Camp

There will be a Department of Defense Dependents Schools - Europe and Amateur Athletic Union sanctioned volleyball camp at Vilseck's Rose Barracks in August. Elementary and Middle School Camp is scheduled for Aug. 18-20. The cost for Elementary / Middle School is \$75. High School Camp is scheduled for Aug. 21-24. The cost for High School is \$150. All campers will be required to have a valid physical to participate. For more information, call 0966-283-2864 or e-mail brian.swenty@eu.dodea.edu.

Homework Club

The Bamberg Middle High School Homework Club meets Tuesdays and Thursdays from 3:15 - 5:15 p.m. in Lab 85. A teacher, other adults and students will be available for tutoring or to assist students academically.

Entertainment and Leisure**Free Admission**

The American Association of Museums, in conjunction with the National Endowment for the Arts is offering free admission to various museums across the United States this summer to active duty military personnel and their immediate families. Although not all museums are participating, <http://www.nea.gov/national/bluestarmuseums/index.ph> will provide you with the museums participating. Blue Star Museums is a partnership among Blue Star Families, the National Endowment for the Arts (NEA), and more than 700 museums in all 50 states to offer free admission to active duty military personnel and their families from Memorial Day, May 31 through Sept. 6.

Outreach KONTAKT Club Events

The Outreach KONTAKT Club is an Army in Europe program designed to promote German and American friendship. The Outreach KONTAKT bowling team meets Fridays at 7 p.m. at Birchview Lanes. On Thursdays the music group meets at 8 p.m. at the KONTAKT clubhouse on the airfield. For more information, contact the German president Klaus Kirchhof at 0951-24378 or at b.k.kirchhof@web.de or contact the American project officer Capt. Carlos Rivera at 0951-300-1610 or at Carlos.rivera2@eur.army.mil.

Closures / Changes**Organizational Day**

The U.S. Army Garrison Bamberg's annual Organizational Day is June 18. Many post facilities and organizations will be closed or will remain open with minimal staffing, including the Commissary, ID Section, Freedom Fitness

Facility and Postal Service Center. Vehicle Registration Office will be closed. For more information on specific hours and availability of services, contact the organization.

Volleyball Tournament

The Volleyball tournament scheduled for June 11 at 5 p.m. has been cancelled. For more information, e-mail brandi.crist@us.army.mil.

MWR Triathlon

The Triathlon scheduled for June 12 at 9 a.m. has been cancelled. For more information, call 0951-300-9376 or e-mail duane.kozel@eur.army.mil.

Dagger's Inn Closed

Dagger's Inn dining facility will be temporarily closed from July 21 – Sept. 2. For more information, call 469-8448.

Outside the Gate

Weekend events in and around Bamberg June 11–20

Many local villages will be hosting Kirchweih festivals, an annual event that celebrates the anniversary of the founding of the town's church. Often, the local brewery will make a special beer for the event, which also includes food, music and games. For more information on Kirchweih festivals log on to the website www.kirchweihkalender-bamberg.de/plaza/kerwa.neo

Friday, June 11

- 6 p.m. Ebinger Sea Festival with Nordic Walking event; traditional festival, festival area at the Sportheim, 96179 Ebing (until June 12)
- 7 p.m. Rocknight with Band Big Sound Jack, Kremmeldorf, 96117 Mem - melsdorf
- 9 p.m. Apré Abi Atzen Party, Live-Club (Techno, House, Hip-Hop, R&B), Obere Sandstrasse 7, 96049 Bamberg, call 0951-53304, e-mail info@live-club.de or visit www.live-club.de
- 10 p.m. Paul Stowe, live music at Blues Bar (American, Irish & English Folk, Blues, Bluegrass & Country, 60's & 70's Songs), Obere Sandstrasse 18, Bamberg. For more information, call 0951-53304, e-mail info@blues-bar.de, or visit www.blues-bar.de
- 10 p.m. DrOsopHila SouNd meets Shazalakazoo [Belgrade], Folkstep, Balkan Breaks, Dubstep, Gypstep, Morph Club, Luitpoldstrasse 17, 96052 Bamberg, e-mail info@morphclub.org

Saturday, June 12

- 12 p.m. Weinfest at Bamberg Michelsberg, Michelsberg, Plateau, 96049 Bamberg, visit www.weinout-bauerschmitt.de (until June 13)
- 12 p.m. Saturday Concert (J.S. Bach, L. Vierne and C. Franck), Bamberg Cathedral, Domplatz 5, visit www.bamberger-dommusik.de
- 12:30 p.m. Day of Sports, Festival for the entire family, JAKO Arena, Forchheimer Strasse 15, 96050 Bamberg, call 0951-23837
- 3 p.m. Kirchweih Röbersdorf, Village festival in Röbersdorf, Kirchplatz Röbersdorf, Röbersdorf, 96114 Hirschaid (until June 13)
- 4 p.m. Villagefest in Litzendorf, Bachstrasse 96123 Litzendorf, visit www.litzendorf.de (until June 13)
- 8 p.m. Vandes, live music at Blues Bar, Obere Sandstrasse 18, Bamberg, 0951-53304, e-mail info@blues-bar.de or visit www.blues-bar.de
- 10p.m. Blockrocking Beats, Morph Club, Luitpoldstrasse 17, 96052 Bamberg, e-mail info@morphclub.org

Sunday, June 13

- 10 a.m. Market Day, Hauptstrasse, 96138 Burgebrach
- 10:30 a.m. Thomann-Sommerfest, different bands and musical styles, Musikhaus Thomann, Treppendorf 30, 96138 Burgebrach (OT Treppendorf)
- 1:30 p.m. Schützenfest, festival, Schützenhaus Breitengüßbach, Schützenstrasse, 96149 Breitengüßbach
- 5 p.m. Musik der Habsburger (Music of the Habsburgs) (Baroque Music), Schloss Wernsdorf, Zur Schleifmühle 4, 96129 Wernsdorf, 0951-54900, e-mail info@capella-antiqua.de or visit www.capella-antiqua.de
- 6 p.m. Burgserenade, concert, Schloss Greifenstein, Greifenstein, 91332 Heiligenstadt
- 9 p.m. World Cup Soccer, Live-Club, Obere Sandstrasse 7, 96049 Bamberg, call 0951-53304, e-mail info@live-club.de or visit www.live-club.de
- 10p.m. morphclublive: The Black Atlantic (Indiepop), Morph Club, Luitpoldstrasse 17, 96052 Bamberg, e-mail info@morphclub.org

For more Kirchweih festivals, visit www.kirchweihkalender-bamberg.de/plaza/kerwa.neo

Saturday, June 19

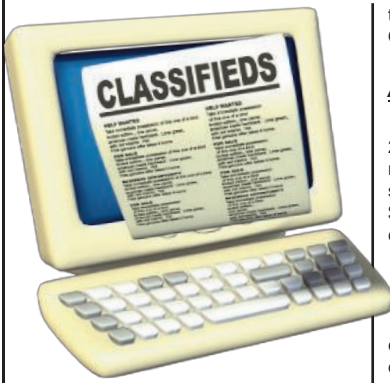
- 9:30 a.m. Regnitzwellencup, Volleyball tournaments with 128 teams, Fuchs-Park-Stadion, Festwiese, Pödelndorfer Strasse. 180, 96050 Bamberg, www.regnitzwellencup.de (until June 20)
- 12 p.m. Organ concert at the Bamberg Cathedral (A. C. Braga, J. S. Bach, D. Buxtehude, W. Boyce and own compositions), Kaiserdom Bamberg, Domplatz 5, 96049 Bamberg, visit www.bamberger-dommusik.de
- 2 p.m. Wellness Fair, variety of exhibitors, Franconian and Moroccan specialties, Paradies der Sinne, Kapellenweg 59, 96129 Strullendorf (until June 20)
- 2:30 p.m. Dorf- und Backofenfest (Village – and Baking Oven festival), Lindach, 91332 Heiligenstadt i. OFr. (until June 20)
- 4 p.m. 75 Years Almrauschhütte, festival, Almrauschhütte Amlingstadt, Am Hauptsmoorwald 3, 96129 Strullendorf.
- 4 p.m. Schammelsdorfer Kerwa (Kirchweih festival), Schammelsdorf, 96123 Litzendorf
- 6 p.m. Kirchweih festival, Hartlanden, Ringstrasse, 96135 Stegaaurach-Hartlanden (until June 20)
- 6:30 p.m. Johannfeuer (Midsummer festival); Sportplatz Erlau, Kreuzschuher Strasse, 96194 Walsdorf-Erlau
- 7:30 p.m. Long night in Schesslitz, festival downtown Schesslitz, 96110 Schesslitz
- 8 p.m. Barrelhouse Blues Band, live music at Blues Bar, Obere Sandstrasse 18, Bamberg, 0951-53304, e-mail info@blues-bar.de, or visit www.blues-bar.de
- 9 p.m. Open-Air Festival, Historikhotel Klosterbräu, Marktplatz 4, 96157 Ebrach, 09553 - 180, klosterbraeu@landidyll.com, or visit www.landidyll.com/historikhotel-klosterbraeu/
- 9:30p.m. Skazka Orchestrasse, Ska, Klezmer, Jazz, Sound'n Arts Club, Sandstrasse 20, 96049 Bamberg
- 10 p.m. Beat Virus, electronic dance music; Morph Club Bamberg, Morph Club, Luitpoldstrasse 17, 96052 Bamberg, visit www.greenclub-bamberg.de

Sunday, June 20

- 10 a.m. Lake festival in Gerach, specialties and live music, Lake between Gerach and Mauschendorf, Fischerhütte, 96161 Gerach
- 11 a.m. Schättzer Biergenuss (Schesslitz beer treat), downtown Schesslitz turns into a big beer garden, live music, food and entertainment, 96110 Schesslitz
- 11 a.m. Summerfestival on the Fuchsenwiese, family event, information about wild animals with games, food and drink, Fuchsenwiese, Waizendorfer Strasse, 96049 Bamberg
- 2 p.m. Kirchplatzfest, festivities around the church in Kemmern, family entertainment, Kirchplatz, 96164 Kemmern
- 3 p.m. Traditional Winefest, Altenburg (Inner court), Altenburg 1, 96049 Bamberg, call 0951-53387
- 5 p.m. Gartenstädter Orgelsommer - Konzert (Organ concert), music by Telemann, Händel, Fontana, Castello und Vivaldi, Organ music by J. S. Bach, W. A. Mozart and R. Schumann, free admission, Church St. Kunigund, Joseph-Otto-Kolb-Strasse. 1, 96052 Bamberg
- 5 p.m. Ebracher Musiksommer, on-going summer music festival, Kaisersaal, Marktplatz, 96157 Ebrach, e-mail Gerd Schaller, www.ebracher-musiksommer.de, or call 09552-297

Special exhibits and festivals:

Until July 4 Mozart festival in Würzburg, classical music and more (Open-Air, "Night music" etc.), visit www.mozartfest-wuerzburg.de, Mozartfest-Würzburg, Oeggstrasse 2, 97070 Würzburg, or call 0931-372336



Please call us and tell us when you sell your item so we can remove the advertisement.

Thank you.

EMPLOYMENT

The Bamberg Aqua Barons swim team is seeking qualified candidates for the position of head coach. Candidates should have at least one year of coaching experience, ASCA certified preferred. The head coach will be responsible for overseeing all Bamberg Aqua Barons swim programs, practices and meets. Applicants should send their resume by June 15 to bambergaguabarons@yahoo.com. (5/27/10)

Automotive Technology instructors are needed. Central Texas College-Europe is accepting applications for Automotive instructors who have an associate's degree or higher and a minimum of five years work experience in the maintenance field or a bachelor's degree and a minimum of three years work experience in the maintenance field. For more information, call Brenda McNeil at 0951-300-7467. (4/29/10)

AAFES Bamberg is accepting applications for entry-level retail and food service positions. To join the team, log on to www.aafes.com today. For more information, call the AAFES Human Resource Office at 0951-303-159. (4/29/10)

tion, call the AAFES Human Resource Office at 0951-303-159. (4/29/10)

AUTOMOBILES

2000 Ford Windstar. Automatic Transmission, power locks/doors, dark blue, seats 7, passed inspection. Asking \$2,000.00. email: wilitina4@aol.com or call 0171-487-8756. (6/10/10)

1988 BMW 523i for sale, new brakes, wipers, with all-season tires. Automatic transmission, passes inspection. Traveled much of Europe with this sturdy classic. E-mail outwestsd@yahoo.com or call 0151-2410-9491; \$2,800 OBO. (4/22/10)

2009 Mini Cooper S Turbo; Chili Red with black racing stripes; A/C; power steering; windows and door locks; power brakes; tilt steering wheel; cruise control; Step-tronic transmission; convenience package; Bluetooth upgrade; Harmon Kardon sound system; CD; cold weather package; leather; Alarm system; Xenon headlights; rear fog lamps; navigation system w/European maps; all-season tires; rubber floor mats; carpet mats (new/unused); free shipping to U.S.; under warranty; 8,800 miles (14,600 km); KBB list \$25,830 asking \$24,000. For more information, call 0951-297-3984 or e-mail lance.winters1@us.army.mil. (5/18/10)

1994 Renault R19 for sale for \$1,000. New brakes and starter, winter and summer tires included. Manual transmission, good car to get around in. Inspected in October 2009. E-mail gonzosgirl51@yahoo.com or call 0170-907-9377. (4/21/10)

FOR SALE

For Sale: George Foreman (Big George) GGR50B Indoor/Outdoor Electric Barbecue Grill. Excellent condition, only used three times. \$50 Call Bryan at 0951-1857255 or e-mail at brho-des@engineer.com. (5/11/10)

For Sale: Single family home 10 kilometers outside of Bamberg. Call 0162-271-7565 for details. (4/1/10)

For Sale: Located in Bamberg, Pier 1 dining room table with six chairs. Excellent condition. Two years old. New cost was \$1,300, asking \$700 or best offer. Self pick up. Call Randy at 0160-781-5496 or e-mail riesr@t-online.de for pictures or more information. (4/14/10)

For Sale: Early American bedroom set. All wood – no particle-board. 5-drawer chest of drawers, 3-drawer dresser with mirror, 2-drawer night stand, and full/queen headboard. Very good condition. Asking \$450 or best offer. For more information or to see pictures contact sgmsnco@yahoo.com.

MISCELLANEOUS

A Soldier left a Class A uniform coat on the bus during the Soldier Reception program on May 20. To claim the coat, call the Bamberg Public Affairs Office at 0951-300-1600.

The Bamberg Hospitality House supports the ministry of the Warner Barracks Chapel by offering additional opportunities for discipleship, Bible study, fellowship (that includes food, often!), weekend activities, etc. Join us Friday nights for 6:30 p.m. dinner and Bible study at our home (Sonnenstrasse 7; 96175 Pettstadt; e-mail www.cadence.org/huisien or call 09502-8037). Join us on Sundays at the 11 a.m. for the Protestant service (Post Chapel).

Now forming Mexican Ballet Folklorico. No experience is necessary. Adults only, must be willing to purchase own costume. For more information, call 0951-301-795-44. (5/14/10)

The U.S. Consumer Product Safety Commission announced a voluntary recall of the lithium-ion batteries used in Hewlett-Packard and Compaq notebook computers. Consumers should stop using

Join the Bamberg ULTIMATE FRISBEE Team!

Ultimate Frisbee is a fast sport requiring teamwork and tactics.

All ages and skill levels are welcome on our team. It doesn't matter if you have never thrown a frisbee before or are an experienced player. We are a coed mixed team of younger players and adults.

During the summer, we participate in a number of tournaments around Germany.

The spirit of the game is most important to us. We invite you to check out our training and have fun!

Contact: Dan Rossell (daniel.rossell@eur.army.mil) at 0951-300-7399 or 0152-0270-4554

Training: Mondays and Wednesdays 6:30 p.m. Footballfield „FC Wacker“, Margaretendamm 7



recalled products immediately unless otherwise instructed. It is illegal to resell or attempt to resell a recalled consumer product. The recalled lithium-ion batteries can overheat, posing a fire and burn hazard to consumers. Consumers should immediately remove the batteries referenced above from their notebook computer and contact HP to determine if their battery is included in this recall (even if the battery was previously checked). Consumers with recalled batteries will receive a free replacement battery. After removing the recalled battery from their notebook computer, consumers may use the AC adapter to power the computer until a replacement battery arrives. HP recommends that only batteries obtained from HP or an HP authorized reseller be used with HP notebook PCs. For additional information, visit the HP Battery Replacement Program website at <http://www.hp.com/support/BatteryReplacement> or call 888-202-4320 between 7 a.m. and 7 p.m. (Central Time) Monday through Friday. To see this recall on the CPSC's web site, including pictures of the recalled products, go to <http://www.cpsc.gov/cpscpub/prerel/prhtml10/10240.html> (5/27/10)



Army promotes summer safety, awareness in 2010

The Army is promoting safety and awareness this summer through its Safe Summer campaign.

For more information on vacation planning, driving safety, recreation safety and sun safety, visit <https://safety.army.mil/CAMPAIGNSINITIATIVES/SummerSafety2010/tabid/1838/Default.aspx>.

Stay safe and have fun this summer!

Trips and Travel Opportunities

Take a trip with Bamberg Outdoor Recreation in June

Registration for trips begins the 15th of the month before the scheduled trip and must be made no later than the Monday before the scheduled leave date or they may be cancelled. To sign up or for more information, go to Outdoor Recreation, Building 7116 or call 0951-300-9376/7955. All trips depart and arrive from ODR unless otherwise noted. No refund will be given for no-shows. Military duty restraint or illness will be refunded with documentation. For more trips, visit <http://www.bamberg.army.mil/directories/djfmwr/odr.asp>.

June 12 Europa Park \$80
As the most popular theme park in Germany, Europa Park offers excitement and fun for the entire family. Transportation and entrance fees are included. Departs from the Chapel parking lot at 5 a.m. and returns about 11 p.m.

June 18-20 Conquer the Zugspitze \$150
Dominate the highest peak in Germany. Hike to a hut the first day. On the second day, you will summit the Zugspitze. Descending on the third day, you



will hike out through Austria and into Mittelwald, taking a train back to Garmisch. Departs ODR June 18 at 7 a.m. and returns June 20 at about 9 p.m.

June 21 Solstice Hike \$20
On the longest day of the year, celebrate the summer solstice with an evening hike to the Walberla Plateau in Little Swiss. Although the solstice only lasts a split second, the memories will last a lifetime. Pack your dinner for a picnic at the top. Departs ODR at 5:30 p.m. and returns about 9 p.m.

June 26 Prague City Tour \$60
Containing one of the world's most pristine and varied collections of architecture, Prague is a vibrant city. Trip includes transportation and a city tour. Children ages 4-12 are \$40; children 3 and under are \$20. Departs the Chapel parking lot at 5 a.m. and returns about 11 p.m.

June 26 White water kayak \$25
Perfect for beginners. Learn the basics of white water kayaking on the Wiesent in Little Swiss. Please wear a swimsuit, water shoes, bring drinks and lunch. Includes transportation, equipment & instruction. Departs ODR at 8 a.m. and returns about 6 p.m.

(TRAVEL continued from page 3)

Collins led the Bamberg group through a meditative walk of the valley, pointing out the historical significance of the ruins and incorporating reflective moments.

Ragucci found the graves and Round Tower to be her favorite of the remaining monuments. The most prominent part of the ancient locale, the Round Tower looms over the other ruins at more than 30 meters high. The tower was built about 1,000 years ago by monks to serve as a bell tower and landmark for visitors. It may have also been used for refuge when English forces attacked the settlement in the 14th century.

"That part was definitely a sight to see if you're a history buff," Ragucci said. "To walk where there is so much history and that went through repeated [destruction] ...was really amazing."

Ragucci emphasized her desire to return to Glendalough with her husband and children.

"The other thing that really impressed me was the nature and the nature trails they had put in," she said. "It was so easy and so laid back. You could see a family with a soccer ball and sandwiches just spending the day."

Ragucci was also impressed with the local fare, which had many restaurants that offered organic and locally grown items. People of varied backgrounds, from business professionals, to mothers to students visit the Hermitage Centre, Collins said.



"It was so easy and so laid back. You could see a family with a soccer ball and sandwiches just spending the day."

- Ann Ragucci, Army spouse

"We try to accommodate and welcome all who come," Collins said. "What we offer is a safe place of simple and natural beauty where people can be themselves and discover an inner peace. The biggest impression on guests is the peace, the calm, the stillness and the beauty of nature. They also appreciate the warm welcome they receive and the lack of intrusion. Once we show people to their hermitage which is self-contained, we do not interfere unless they wish to come to us to pray or request some time to talk."

The Irish poet, singer, songwriter and performer, Thomas Moore lived in Dublin and used the county's many beauties for inspiration. One of the sights visited by the Bamberg group was the Meeting of the Two Waters, where the rivers of Avonmore and Avonbeg converge. A simple stone monument under a nearby tree reads that Moore wrote some of his poetry on the very site.

"My favorite part was the time alone," Ragucci said. "We got to experience the godliness of that place and just to reflect on where we were in our lives. The support that we had through Father Stephen's group and focusing on our religious life was really good."

Though Glendalough is somewhat secluded from city life, it is still easily accessible from Dublin. Buses, rental cars and some guest house shuttles are all available to transport visitors from Dublin Airport.

"There were at least two or three car rental places along the way," Ragucci said. "It was very accessible. Driving on the other side of the road is different, so you should take that into consideration."

The greater Glendalough area offers even more extreme visions of Ireland's natural beauty- soaring peaks accessible by car, rivers, lakes and rocky outcroppings awarding magnificent views of the valleys below.

Anyone who cannot make the journey, which is just outside of Dublin, can view many of these sights in television and the big screen. The widely popular British Broadcasting Corporation 1990's television series "Ballykissangel" was filmed in the town of Avoca, and the Wicklow mountains have provided a backdrop for several movies including "Braveheart," "King Arthur" and "Lassie" (2005). Any traveler who has experienced this beautiful and untouched part of the country will tell you that no picture or video will do it justice.

"The people, the food...it's a very warmhearted, kind place and open to anyone," Ragucci said.

For more information on Glendalough visit <http://www.glendalough.connect.ie/>. For more information on the Hermitage Centre visit <http://www.hermitage.dublindiocese.ie/>



Spc. Kevin Alex

Spc. Mark Ford spins a parachute up after an aerial resupply drop exercise at Bunker drop zone in Grafenwoehr, Germany.

(LOAD continued from page 1)

In Afghanistan, there are troops in remote locations that are very difficult to get supplies to because of the terrain and the infrastructure of the country, he said.



"We've got to be able to get things from the sky and get them back up," said Lt. Col. Reed Hudgins, the 18th CSSB commander.

The exercise began with two days of training with riggers from the 21st Theater Sustainment Command's 5th Quartermaster Company on Rhine Ordnance Barracks in Kaiserslautern. Following the training, the teams went to Grafenwoehr to unhook air-dropped cargo and rig it back up for airlift by helicopters.

The allotted time for this task was 30 minutes. The exercise took about 28 minutes from the time the cargo was dropped until the job was completed.

The Soldiers performed superbly for their first time, Ramos said.

These Soldiers were handpicked from the best, Hudgins said. They all went to Air Assault School for two weeks in Schweinfurt last month to prepare for this.

The mission was a success and the next mission is already being planned, Ramos said.

Community Health Fair Retiree Appreciation Day Army Birthday LN Retiree Appreciation Friday June 11 @ Freedom Fitness Facility

* Health Clinic * DHR * ASAP * VFW * Dental Clinic * Red Cross *
* Military Static Displays * TRICARE * ACAP * VA * MWR * SJA *

Schedule of Events

9:30 a.m.- Registration begins and doors open

10:00 a.m.- Opening remarks by LTC Rosenberg
Health Fair begins

10:30 a.m. & 11:30 a.m.- Bus Tour of post

12 p.m.- Chili Cook-off

1 p.m.- Army Birthday Ceremony

1:30 p.m.- Retirement Ceremony

2 p.m.- Closing Comments

5 p.m.- 4 on 4 Sand Volleyball Tournament begins



4 on 4 Sand Volleyball Tournament
June 11, 5 p.m. at Freedom Fitness Facility
First eight teams- Register at FFF



Recycling Tips

1. Don't buy expensive gifts. Give exotic home grown plants or bake a cake.
2. Read labels for ingredients. Stay away from chemicals that harm our plant and animal life and poison our land.
3. Be creative- find new ways to reduce waste quantity and toxicity.

Energy-saving Tips

1. Clear out your car, extra weight decreases gas mileage.
2. Keep tires properly inflated and aligned to improve your gasoline mileage by around 3.3 percent.
3. Combine multiple destinations for a single trip in your car. We combine going shopping in town with a visit with some friends and relations; schedule a trip to the dentist together with buying postage stamps and getting the dog to the vet. Get more accomplished with reduced mileage.

NONSTOP TRIATHLON

July 3rd 2010 in BAUNACH



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